

Highlands College Uniformed Services Department



Summer Project 2023.

The project consists of 4 tasks.

Each task will have an approximate word count of 300 words.

Choose one Emergency Service and one of the Armed Forces
to base your summer task on.



Task 1.

Provide a description of the two Uniformed Services of your own choice, with a description of entry level requirements, career pathways and options that would be available to you within these Uniformed Services.



Task 2.

Explain why your health, your mental wellbeing, and your level of physical fitness contribute positively to your chosen Uniformed Services.

Describe methods of measuring and recording levels of your physical fitness.



Task 3.

Describe “4” differing types of leadership styles, with examples of leaders for each leadership style.

Describe your own personal style of leadership and an example of when you used this leadership style.



Task 4.

Explain your own understanding of the term equality, diversity, and inclusion.

Define your own understanding of the term “equality.”

Define your own understanding of the term “diversity.”

Define your own understanding of the term “inclusion.”

